

Now deep thoughts ... with Conestoga College

Random questions answered by random students
What's the worst Christmas present
you have ever given or received?



"I got a dead goldfish cake, my parents gave it to me and it was dead."

Brad Wilson,
second-year
television broadcast

"One time I gave my mom a shell on a stick. I think she's scared of it."

Brad Wilson,
second-year
television broadcast



"Strawberry milk yogurt."

Justin Cohen,
second-year
television broadcast

"Gorbachev. I got it from my youngest sister."

Oliver Kozminski,
first-year
general arts and sciences



"I got a do-it-yourself toy wooden boat making kit. Not a real boat-making kit, but, a kit kit."

Trevor Goodman,
second-year
television broadcast



"I got a pen from my parents in my stocking once."

Karli Sefton,
first-year
television broadcast

Campus diversity celebrated

By NADINE ARNETTA

Most college campuses, if not all, have a diverse range of cultures and the campus has Celebrating Cultural Diversity Week, held at Conestoga's Days and Weekends campus, reminded everyone of that fact.

The event took place from Nov. 15 to 18 and through the majority of English language students (ELS) students involved came from China, some came from other eastern countries such as Korea and Turkey.

"We should going outside the class to interact with other people, share their story, create campus diversity and also [provide] a recognition of the diversity we have on our campus," said Elissa Greenman, a Student Life programmer who helped organize the event.

The idea behind the Celebrating Cultural Diversity Week was introduced about three years ago,

when a group came together at Conestoga College of people who were interested in seeing something done to showcase student diversity and celebrate cultural diversity at the school.

The group consisted of both students from Student Life, Conestoga Students Inc., ELS program and international student programs and with last year being the first year in which the Celebrating Cultural Diversity Week was brought to the Waterloo campus. The event has grown each semester since it began. This semester event drew a large number of participants, including students from 11 different classes at Waterloo's campus alone.

Students involved set up hallway displays to show how their cultures differ from Canadian culture in areas such as education, housing, transportation, sports, faith etc., gender differences in employment, gender and child labour. These topics were chosen

by the participating students themselves.

"For us this is a better way to learn about the country (Canada), but for some people maybe like for local people they can get to know what Chinese people are like," said Shaoqing Xu an ELS student who stood at a transportation display. "We can exchange our experiences."

Many of the event's poster boards have been accepted into programs at the University of Waterloo, and, partially through events like the Conestoga College is helping them acquire their English before they start there. Students learn on a different way outside the classroom, share with other people and talk to other students.

"It [did] have a benefit, for the campus community because other get to see there's something happening and they get the chance to interact with students they wouldn't normally," said Greenman.

Different cultures on display

By NADINE ARNETTA

According to history textbooks, if everyone lived in another country for one year and learned another culture, then there would be no more wars.

This is an unrealistic goal but if you walked through the E-Wing at Conestoga's Days and Weekends campus from Nov. 15 to 18, you got a taste of many cultures from around the world during Celebrating Cultural Diversity Week.

The week was celebrated with hopes of fostering cross-cultural understanding and an acceptance among various different cultures. Many cuisines, such as Greek, Peru and Cuban were featured and their cultures celebrated.

Students from the second-year, social and information technology degree programs, first-year international business, two social sciences and English language studies (ELS) students all took part

in the week.

They taught posterboards about the year and the publishing strong contrasts from China, and a prize that is played by choosing an 11 students called back that students display a hole, filling it with words and then choosing one of the words in the air and trying to empty the hole before the next day the ground.

Takuya Kozumaki, a level-three ELS student from Japan, told stories of festivals in his country such as the cherry blossom festival in April.

"It's important for everyone else to know, because there are so many types of cultures at this school," said Daniel Huhli, a first-year international business student from Pakistan. Huhli and his group showed what Pakistan women wear in their houses and social time.

On the Tuesday, the level four ELS students joined up

with the first-year international business students and shared displays of various cultures.

"We got together with the ELS students and it's probably because we have to learn how to negotiate and do business with other cultures," said Deshaunna Levery, a first-year international business student. "It's important to accept and know about how other cultures work."

The Italian group served knowledge and pasta. "We are doing this to integrate with other students, practice English, learn another culture and have fun," said Lorenzo Casco, a level-four ELS student from El Salvador who was part of the Italian group.

Other departments also took part in the special week. The LAC hosted a cartoon and cultural book display. Student Life had three posters and Charlotte served culture of dishes in the cafeteria.

Cartoon Brown



COBRA hopes to strike with new vehicle

By STEVE VANDER

If you haven't seen a man that was in some of the world's leading cars on YouTube.

Man that was (presumably) in his own right and off-road vehicles built to withstand the harsh elements of rough terrain. Since 2008, COBRA has been creating a new car monthly in the form of design competitions held by the Society of Automotive Engineers for undergraduate students. The next competition took place in Puerto Rico from June 9-11 and will have 118 teams coming from as far as India, the United Arab Emirates, Venezuela, Mexico and from as far as North America.

Coastal Off Road Race Racing Association, COBRA president, was there on June 9 by Tony Tinkler, Jim Mew and Jason Rodriguez as part of their mechanical engineering design project course. After graduating they decided to stick around and complete their car. They entered their first ROPS SAE competition in June 2008.

"We are the only Ontario college to regularly compete in this association," says Mew. "It's a great opportunity to learn technology, professor support. We're determined to place well against other colleges."

COBRA will be joined at the competition by teams from the University of Waterloo and University of Windsor, as well as various teams from American universities such as Ohio State, Iowa State and Michigan State.

The ROPS SAE competition



Photo by Steve Vander

The Coastal Off-Road Race Racing Association shows off last year's car. Jeff Staines, left to right, David Bell, Nathan Henry, Jorjany Alon, John Brown and Alex Daniels are building an entirely new vehicle for the SAE Race competition in Puerto Rico June 9-11, 2011.

consists of three segments called static events, dynamic events and an endurance race. Vehicles must be safe, able to drive and built to cost effectively as possible.

The static event consists of written reports, presentations and design evaluations. Prior to the competition teams must submit a cost report, providing all the costs, engineering drawings to judge the economic feasibility of the car's production along with a detailed description of the design processes they used. Presentations and design evaluations are done on site by SAE judges.

The dynamic events are a little more entertaining. Teams must test the functionality of the car as a way of ways. Some of the challenges teams will face include hill climbs, slalom, pull-

maneuverability tests, rock crawls and suspension tests.

The race for the title of "best car" of the year is the endurance race in the final day of the competition.

"I enjoy seeing something I have designed come to life, then getting to go really fast," said Alon. "It's a hard job, mechanical engineering, technology, design and analysis."

The four-hour endurance race pits teams against one another as a course that has plenty of bumps for drivers to catch air and other tests such as water crossings. The objective is to record as many laps as possible while maintaining an operational vehicle. All vehicles are subject to engine specifications and must pass SAE's technical inspection to enter the race.

"There you have been to a race three or four years," said Alon. "That process will be doing ROPS for the rest of their college life."

While COBRA teams invest expenses and the \$1,000 competition requires two for COBRA, funding and recruiting members are still one of the most daunting challenges for the club.

"Money doesn't matter, but we do it really tough, looking to purchase everything on credit," said Staines. "COBRA is a student-run club. For every hardware purchase, we approach only one will be interested in becoming a sponsor."

Henry also in the third year of the mechanical engineering technology and design track at program expects that

COBRA will be spending between \$3,000 and \$4,000 on materials alone for the car. The team is building a new vehicle now for this year. They are making the first vehicle complete out in the shop today and plan to returning to a continuously variable transmission to improve efficiency.

"A lot of hard work had to be done during the summer to get the design finished," said Henry. "We really wanted to be more competitive at the end of the year, so we decided to make a major departure from the previous car's design."

COBRA placed 5th and 5th in last year's competition in the category of "New" and "General", SAE, respectively. Historically they place in the top 30.

COBRA's goal for this year's competition is to place in the top five of the design judging and win the top 20 award. They plan on having the vehicle completed by mid-February to ensure they can test the car thoroughly before the competition.

Any future COBRA students will be in the top five of the design judging and win the top 20 award. They plan on having the vehicle completed by mid-February to ensure they can test the car thoroughly before the competition.

"I enjoy it because it's a new experience, designing, building and working," said first-year business administration management student and COBRA member Ben Smith. "It is the only program in the school like it offered to every one."

Who knows, you may even wind up on YouTube.

Interested in a degree overseas?

By STEPHEN CANN

Do long Canadian winters get you down? Are you looking for a new escape from the everyday? Then perhaps you should pursue a degree overseas. By studying abroad, you can discover a whole new world, a new culture, a new language, a new way of life.

"This is an opportunity to pick up the values of another culture. Students usually return with more maturity," said Pamela Miller Staggins, a representative of Acadia University of Technology in New Zealand.

AUT is located in Auckland, the largest and most vibrant city in the entire South Island. From the university's website, COBRA is an 11th in the world in the world's most vibrant cities.

Not only are students earning a degree in less time than it would take in Canada, they will also gain valuable international experience, a quality much sought after by employers.

"A survey conducted by the ACCU (Association of Canadian Community Colleges) shows that employers are looking more and more for international experience in students," said Miller Staggins.

The costs of education overseas vary. Tuition in New Zealand costs between \$11,000 and \$14,000 depending on the degree.

Students will also be required to cover their living expenses. AUT provides students with a job search service, through the standard

methods to assist in finding part-time work to help cover these costs. The program is also COBRA eligible.

"It's a very good deal over the New Zealand dollar is low," said Miller Staggins.

For more information on studying in Australia or New Zealand, visit www.degreesoverseas.com or call 1-800-666-6663. Spots are also available to Acadia University's website.

"It's not only a chance to earn a degree faster," said Ben Smith, a representative from Clarks (Lanka) Learning Network. "It's also a chance to gain work and experience something new. Students come back with a lot more maturity."

Flu clinics

Are you a student or a staff member at Coast Community College? Have you been wondering about the clinic? Are you hoping to get your seasonal influenza shot? Well, you're in luck, Coast Community College will be holding clinics over the next few weeks. When? Where?

Thursday, December 2, 2010
11:30 am - 3 pm
Dean Campus, 2224

Tuesday, December 7, 2010
9 am - 1 pm
Dean Campus, 1873

Be prepared for the season, come get your shot. All you need to bring is yourself and your health card. We'll see you there!

Get your flu shot

By KIMBERLY HINE

It's a real shot in the arm, but that one little needle can save you from days of misery.

It's the time of year that people start thinking about flu shots. This school will be holding its annual flu clinics Dec. 2 from 11:00 a.m. to 5 p.m. in Room 1004, and on Dec. 7 from 9 a.m. to 1 p.m. in Room 1032. There are also many off-site clinics that will cater to your meeting needs, and frankly, it's worth it.

We are now in the toughest part of the semester, when everything is due, and stress and some people are afraid to miss those vital classes. People are rushing to school and missing classwork, and with the poor nutrition patterns that usually accompany stressed-out and undernourished students, some fall prey to the flu's poking. The flu shot could save you from missing days of school, and falling behind in class.

It protects its users from about 80 per cent of the strains of influenza that are circulating now given you. The flu is prone to mutations, though, so it's important to get your shot yearly.

It's also important to remember that when you bring into the classroom is considered when it comes to viruses. When one person gets sick, there is a good chance that at least someone else in the class will end up with the same virus. By getting your flu shot, you are helping to not only protect yourself from the flu, but are also helping to protect everyone else you come in contact with.

The last part about the flu shot is that you don't have to get it by you. If you can't make one of the clinics being held at the school, talk to your local doctor. Most have the shot on hand, so it's easy to get your annual booster.

Flu vaccinations are free in Ontario, and clinics are offered at many locations around the city.

Be good to yourself and to the people around you. Get the shot. It's just a little prick on the shoulder, and it saves you from a lot of suffering, both physically and academically.

The views herein represent the position of the news paper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for clarification. An unsigned letter will be published. Letters should be no longer

than 500 words. Spokey reserves the right to edit letters for length and content. Address correspondence to: The Editor, Spokey 2000, 2000 Valley Dr., Room 1100, Whitby, Ont., M2B 4B4.



Cow belches cause global warming

The Pope said what?

The Pope has been under pressure for years to tell his members less due to the spread of the HIV virus.

There are 33 million people globally living with HIV and those have been 25 million AIDS related deaths in the last three decades.

In an interview with German journalist Peter Seewald that is in the Pope's new book called *Light of the World*, The Pope, the Church and the Signs of Times, Pope Benedict XVI stated that for some people, such as male prostitutes, using condoms could represent a first step in assuming moral responsibility "in the direction of reducing the risk of infection."

Pope after three centuries after a blockade the Pope changed his view when he said, using that condoms are morally justifiable to stop AIDS and can be used by gays, heterosexuals and homosexuals if that is the only option to avoid spreading the HIV virus.

Now I am not a Catholic and I must admit I am not really pro-condom anymore to what the Pope said in



Reaction
to
Pope
Benedict
XVI's
Opinion

reference to sexual activity because to me, the restrictions that are placed upon Catholics are absurd. From my understanding condoms were forbidden in Catholicism because they prevented the potential life of a child.

The Pope's first statement went did not condemn every day people using a condom, but just those people in our time because of our situation. That was wrong.

It was equally wrong when he said, while on a trip to Africa in 2009, that distributing condoms throughout the continent couldn't solve the AIDS problem. He was recently criticized by the United Nations, European governments and AIDS activists.

His statements were condemning for him and a lot of other people. His are made people

never using condoms to prevent HIV infection differed those providing condoms to Africa which has more HIV infected people than any other continent?

I don't know if the Pope was just speaking or if he was just trying to carry on the Catholic tradition, but still knowing all Catholics in our continent were equally miserable.

I am shocked the Pope finally came to his senses, and realized that condoms can by anyone helps prevent the spread of HIV and also stops AIDS. It is too bad he, and those before him, couldn't have come to this realization years, if not decades ago.

Now, however he needs to address the Catholic community, and tell them that he supports of condom use as a method of birth control. Our earth can only support so many people, and we are reaching maximum capacity.

So how long will it take now for the Pope to come fully into the 21st century? Progress has been made but there is still time to go

SPOKE

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Liberation treatment for MS oversold

When Steve Minto died in Costa Rica undergoing "liberation" treatment for multiple sclerosis, it had very close to home for me. My mother was diagnosed several years ago with the disease.

It is impossible to overstate how much I hope the "Liberation" treatment, which involves draining a bloodlet catheter through one's armpits and infusing it to where the white has given patients suffering from MS. My mother or who has not been managed to deal fairly well with MS this can still walk about with a cane. I have told me that she



**Paul Inaba
Opinion**

would take almost any risk for even temporary relief from the symptoms of the disease.

The hypothesis behind the treatment is that a blockage and twisting in the affected nerve causes old blood to get in the brain, causing the lesions that cause the symptoms of MS.

The risks of the liberation treatment have been under-sold. Steve Minto has urged patients not to listen to the earlier testimonials of those who have gone through the treatment and claimed almost miraculous results.

Some doctors are even going ahead and beyond the original diagnosis of the treatment. The very wellness treatment is temporary as the veins tend to return to their normal state after a time. To counter this, some doctors have been adding steroids similar to what would be used in heart surgery, to force the veins to stay

open. This may cause blood clots, which is what likely killed Minto.

The treatment is not available in Canada, and MS patients go in other countries at great expense (up to \$10,000) to get it. A few MS Toronto patients said that the treatment would cost up to \$10,000.

Someone, by the way, has worked hard to make sure that people understand his hypothesis, both its promises and perils. The treatment was never meant to be permanent, and it only seems to work on people with a specific through most common form of MS.

The risks of the treatment were never understood, and the benefits oversold. This is a dangerous combination, especially when backed by a

media campaign, which seemed to be portraying sharp-tongued doctors as the bad guys seeking to stop MS patients from getting any relief.

It is beginning to look like the placebo may have been right, however.

The highlight of the importance of having the scientific process, where all problems as it may be, do its work. Minto had been saying that there was not enough evidence as to whether the treatment worked, and was saying MS patients to wait. They were fighting against a tide of media attention that was overhyping the treatment.

I can't blame those with MS if I had the disease. I cannot say for certain that I would not have jumped on the bandwagon with them.

Getting experience is easy

By LISA OLSEN

With the winter break approaching and graduation just around the corner, it's difficult to know when to get experience in a desired field.

"Volunteering is one way to gain skills in development," said Thomas Boston Nip, community engagement for the Volunteer Action Centre.

The website was volunteered as, Boston is a district with 200 chapters in volunteer activities. Although Boston Nip warns that the search may be time consuming, his advice was that volunteers who are prepared to help

"There are 100 positions at any given time," said Boston Nip, adding that many students have used their service as, especially in the community service and health care programs.

"It's made a great thing to offer many students in community placements."

The Volunteer Action Centre has 65,000 hours per year and is looking for having difficulty paying the salaries the staff as the centre are willing to offer support over the phone.

Boston also also offers the center as, Community's Volunteer Lab website.

"The link is trying to make

students aware that this is a huge resource for them," said Boston Nip, adding that a Student Life coordinator at the Dean's office.

The centre has two main programs. They take part in the Get Involved Day, the "The Change" program, and the "Your Community" event and the leadership training series at the centre.

The office is located at 151 Frederick St. in St. Catharines and offers the computer use and assistance.

Residents of St. Catharines can access their local volunteer centre at 1-800-465-4655, bridge 4655.

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Registration opens: December 1st, Contest starts: January 24th



Essential skills vital for success

By COURTNEY MOORE

The Handbook for the Trades program is designed to measure a student's own and skills levels and then compare those skills against trade standards.

"There are nine essential skills identified by the federal government that all individuals are required to successfully complete life and work in this," said Sharon, a driver. Teresa Lee "There are reading test, document use, mathematics, writing and communication, working with others, thinking, computer use and customer learning."

On Nov. 17 a Handbook for the Trades Info Session was held at the Waterloo campus.

It showed how simple it was to measure your essential skills, compare those against trade standards and upgrade only the skills you need, at your own pace.

Info sessions are offered once a week at both the Waterloo and Guelph campuses.

The info session has been taking place since February 2005 and will continue until March 31, 2007.

This program is funded by the Ministry of Training, Colleges and Universities to help apprentices and post-secondary students gain the necessary essential skills to be successful in the trade.

"Those who attend the information sessions are interested

in the trades, registered apprentices or upgrading their essential skills, such as electronics, software and computers," said Lee.

Employers focused on the success of their apprentices on the job, apprentices who want to ensure their success in trade school and individuals thinking about apprenticeship should come to the Handbook for the Trades program.

Students who typically attend in the program include individuals who have found employers and now apprentices and want to ensure they have the right essential skills to be successful in their training, Lee said. "Individuals

are conducting career exploration and are looking to see if a career in the trade is the right fit."

Statistics show that only one third of apprentices actually complete their training.

"It has been found that apprentices with low literacy and numeracy skills need to be successful because they struggle in their technical training and when writing their trade examination," said Lee.

The government funded the Handbook for the Trades program in order to support individuals previously and give them the support to increase their fundamental skills to be ready for their apprenticeship training once

they locate an employer.

After attending the info session, participants walked away with the knowledge and the skills to better prepare themselves for success.

"People walked away with the opportunities of the essential skills and the direct correlation between having the appropriate skill levels and success in their apprenticeship training," said Lee.

"We are online software that people can access at their own pace and complete their individualized learning plan. It's similar to a video classroom. This is an online program learning environment people can access at their own pace."



The winner of a robot race following last year was Mike Tomlinson. Fourth from left, who were with the King Factory, Arthur Brown, Isabelle O'Donoghue, Wong and Ian Cavasotto, on the left, finished second with the Balmorville and Jesse LeBlanc, right, placed third with the Little Lee Ther Robot.

Conestoga students race robotic creations

By COURTNEY MOORE

Star Wars' BB-8 and C3PO didn't come to compete in the robot competitions, but lots of others showed up.

On Nov. 18 the mechanical engineering, robotics and automation students held their annual two following race, featuring robots that the students designed.

Some looked like cars, while others looked like the more traditional robot.

Before the students started building their robots, there were a few rules that had to be followed. They could build and control it on any manner they chose, but the robot couldn't be bigger than 18 inches by 18 inches. It also had to carry the power supply (it could sit on a battery pack) and the robot had to be autonomous, which meant it couldn't be controlled by a person with a game like controller.

Students began designing their robots more than five weeks ago, applying mechanical components such as motors, and control components such as sensors, a power supply and a con-

trol circuit. After being designed it could be debugged and coded.

The robot is worth 10 per cent of the students' project mark. Other marks come from how they placed in the competition and a report. Those that could not get their robot to work still received marks for their report.

All of the robots have light sensors that a control circuit uses to detect a black line on a white surface.

If the robot senses all the line, or the line changes direction, the control circuit will adjust the motor speed or position to move the robot back onto the line.

As programmers they get an opportunity to teach the robot how to follow the line, making them become like

Steering a car and maneuvering the robot to stay on course while avoiding it by converting wiring across using a feedback mechanism, known as a cruise control feedback system.

"Participating in this activity, I hope that the students will take away new and improved skills as well as work habits," said Chris Brown, a professor at the School of Engineering and Information Technology.



PHOTO BY COURTNEY MOORE

The winning robot designs were, left to right, the King Factory, the Balmorville and the Little Lee Ther Robot.

Healthy Student Week



November 29 - December 3

- Check out the games and displays offered by the Pre-Health Sciences & General Arts and Science Health Optimal Lifestyle
- Learn to eat, think sleep and play healthy!

In the Student Life Center

Hosted in partnership with

Tool and Trades Show a tremendous success

By ARANDA BARNES

On Nov. 18, students from Cambridge's Waterloo campus celebrated the newly built roofing building and visited the booths of the 20 students who had set up for the annual Tool and Trades Show.

Charles Jones is a company that constructs such industrial tool suppliers as Milwaukee, DeWalt and Gray Tools with the help of the students in trade programs who require specialized equipment such as computerized heavy machinery and automation.

Doug Lockston, who handles corporate sponsored events with the aid of David Orsini, the sales representative at Charles Jones' Cambridge location and two event management students, Haylee Polachuk and Coline Coscoppell.

"The Waterloo campus is very specialized," said Lockston. "It was really cool to have very different programs work together."

Lockston contacted the event management students at the beginning of October and Polachuk and Coscoppell joined the team, designing the floor plan, flyers and advertising and adding content to the days schedule.

"When I joined, I knew nothing about tools and Polachuk. That's what you have to deal with. You can't always be comfortable doing the work, but that's the job."

"We probably spent 15 to 20 hours working on it a few hours over," said Coscoppell. "Between, meals, meetings and working between classes we had a lot of work to do."

Several events were held, some by the companies and some designed by Polachuk

and Coscoppell. The events included drilling, carving, welding and many others.

DeWalt had a live contest set up for students. Using their support gear, they had to remove the bag nuts, pull the tire out, then replace it and tighten the bag nuts. The fastest team received a prize. The fastest recorded speed for the day was just under 12 seconds.

While this was the third event, Orsini was thinking about ways to spread out.

"I think we should really go to Canada's colleges," said Orsini. "The students there probably won't travel here, and that would be really beneficial. We could always find

ways to include the refugee students, but that doesn't really apply to this situation."

In the first year of the event, 12 vendors set up in the main building and the main building of Waterloo campus to show students the various tools available and allow them to purchase the ones that might need. Two years later, the show has outgrown the carpentry shop and moved to the roofing building, which opened at the beginning of the school year.

Instead of the students buying tools, they can now see a wide and let them play with them," said Orsini. "If they are interested in buying, we

get them in contact with the right people and various discounts are available for students, depending on the company."

In the first year, Lockston said that less than 300 students rolled through the doors and they actually packed up early because it was so quiet.

"We surprised 400 students this year," said Lockston. "They stayed and looked at everything, too. We made it right to 4 and they were still wandering through."

"Clara and I arrived just after 8 a.m. and we'll be here until 11 a.m.," said Polachuk. "It was definitely worth it."



PHOTO BY ARANDA BARNES

Play your mechanical plumbing student, Henry Orsini takes his hand in "welding" a gas for the DeWalt challenge at the Tool and Trades Show on Nov. 18.



PHOTO BY ARANDA BARNES

From left to right, Haylee Polachuk, Doug Lockston and Coline Coscoppell sponsored the third annual Tool and Trades Show.

Respect goes both ways in our classroom.

We're glad we consider the impact we have on each other

Thank You for Being the Difference



CHILDREN'S CHRISTMAS PARTY

SAT. DEC 4TH
11:00AM - 1:00PM

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8000 MARSHALL CIRCLE
CLARK COUNTY
100 W 17TH AVENUE, SAGINAW

Conestoga consists of many colourful cultures



Andrea Lippman, from left to right, Ho Lu and Kinyun Long, third-year accounting, audit and information technology students, show off Chinese knots on Nov. 25, which represent well-being, love and good luck.



Celebrating Cultural Diversity Week was held at the college from Nov. 15 to 26 and featured a number of displays and other cultural activities. (Clockwise from top left) Students from Colombia, Virginia Tech, from Berlin, Australia, Canada, from Canada, and from Georgia from D. Salvador, show traditional Native cuisine at their display of food on Nov. 26. (Clockwise from top right) Students from the College of Arts and Sciences, the College of Business, and the College of Education, show their cultural displays on Nov. 26.

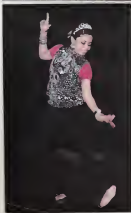


PHOTO BY LAURA DENNETT

Left: Patricia Joffe, a third-year ELS student, shows her home country of Afghanistan at the well-known map that was outside of the College of Arts and Sciences on Nov. 15 to 26.



Caroline de Almeida, a third-year ELS student, shows her home country of Colombia at the display on Nov. 15 with a group of students. (Clockwise from top right) Students from the College of Arts and Sciences, the College of Business, and the College of Education, show their cultural displays on Nov. 26.



Top: A student performing a traditional Chinese dance.

Her dance performance is traditional Chinese dance as part of the Celebrating Cultural Diversity Week festival show on Nov. 26.

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DESIGN MEDIA

Shaved heads raise money for cancer research

BY CARMENNA BOUDREAU

Head is beautiful. Hair more so when it means more than \$2,000 was raised for hair cancer research. Three employees of the Cambridge Centre for Health Promotion shaved their heads if the stars could raise \$2,000 for the Simon Redwood Hair Cancer Fund. They made good on that promise on Nov. 24 when store manager Rick Long, and assistant managers Carol Kennedy and Leigh Ann McElman had their hair shaved to the cheers of a supportive audience.

The store raised the money through donation boxes and donations at the register, a bake sale, a bazaar, potluck dinner, dress downs days, and a 50/50 draw. In December they'll be coming out with a cookbook to raise more money. The campaign kicked off on Oct. 5.

"I'm very proud of my company," said Kennedy, before becoming the first of the

three to lose her hair. "It's about getting the item needed" and then succeed in doing that. The audience was full of Simon employees there to support their management, some of them even sitting down to have all sides of their own hair lopped off to be donated for making wigs for cancer patients.

Kennedy's husband took the first steps at her hair, begging her with one arm as he shaved a line right down the middle of her head.

Long was the next to sit in the barber's chair.

"It's amazing because it's such a wonderful cause. Everybody's behind it 100 per cent," he said. He placed over at his wife holding their toddler son in the front row. "I'm just a little worried about what age son will think when I have no hair," he said. When his wife came up to shave off the first patch of his hair, she shaved a little hair into the back of his

head, spurring the chair to show it off to people of laugh. "When she returned to her seat, she left a real lipstick line on her husband's cheek to show her pride."

When it was McElman's turn to take the chair, her son started giggling, knowing what was about to happen. Another Simon employee jumped up to take the first step out of her hair.

"I don't have a lot of time and money that I can give," McElman said. "I hope that the tree would get on board for me to shave my head." Her son hung back only as her husband joined her in the chair to buzz off a few more steps of hair.

"We'll just leave this part," he said, leaving a long strip hanging on back of her hair.

After the shaving the chairs and the audience cheered with a noise drowned out with loud hiss. (The reaction created on Wix) of the three participants.



PHOTO BY CARMENNA BOUDREAU

Leigh Ann McElman shaved her hair when she shaved into the length of his head during an event to raise money for the Simon Redwood Hair Cancer Fund on Nov. 24 at hours in the Cambridge Centre.

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Alcoholic energy drinks a danger

Caffeinated beverages tied to adverse health effects by FDA

By KIMMY BARNETT

Alcoholic energy drinks are extremely popular with college students, both in Canada and the United States. However, the U.S. Food and Drug Administration declared on Nov. 17 that caffeinated alcoholic beverages are not safe.

In the past two months, there have been at least 30 cases of illness and numerous students in the U.S. hospital ward from alcohol poisoning after consuming these types of beverages. The death of 21-

year-old Courtney Sperry of Maryland, on Nov. 1, also occurred due to her consumption of a caffeinated milk beverage that caused her to feel lightheaded and drive too much into a tree.

According to a Nov. 21 *Good Daily* article, the FDA has declared that caffeine in energy drinks is so unsafe that additive and warnings have been issued to several energy beverages in the U.S. in addition since U.S. states have banned the drinks.

Even regular energy drinks

without added alcohol can have negative side effects.

"I had a bad experience with Red Bull since where I drink it on the morning and then about an hour later I had a 'Coke,'" said student, who graphic design student Jess Magilton. "I tried to take a nap later on and couldn't, my heart was palpating at heart — it was terrible."

According to *Red Bull*, drinking these energy drinks should not be mixed with alcohol, as the stimulant aspect of the caffeine mixed

with the depressant aspect of the alcohol can cause vomiting, nausea and irregular heartbeats.

"After that experience just from a normal energy drink I would never even try one of the alcoholic ones. That just seems like a bad idea," Magilton said.

According to a Vancouver *Star* article published on Nov. 18 "in Canada food and drug authorities say you mustn't combine energy drinks are OK as long as the caffeine is derived from natural sources,

usually guarana."

The two mixed alcoholic beverages such as *Rockstar-Vodka* don't contain all of the same ingredients as the regular energy drinks available in the drug store. In the end, danger is to students buying the regular versions and mixing them with alcohol themselves.

The 10 per cent alcoholic energy drink *Five* (also known as *Five Alive*) is one of some American brands in the news recently, is not available in Canada.

Women learn to fight back at Conestoga

By HARRY LYERLAND

"I was aggressive behind those punches."

While that encouragement wasn't put a little more force in their swings as they delivered *Blackbox* during a women's self-defense training class held Nov. 18 at Conestoga College.

For an hour every Thursday at 2:30 p.m. in the multi-purpose room at the recreation centre, Chris McCarty, a staff member at Conestoga Security Services and Julie Olsard, both instructors at the Kerr-Magee Training Centre in Waterloo teach women practical defense against attacks that could happen in real-life situations.

In exchange, participants are asked to bring in a doorstop for the first hour of school.

Women of all ages are encouraged to take part in the training, not only to learn the basic moves of *Blackbox* a grab bar or kick, but to gain the confidence needed to defend themselves if ever encountering a dangerous situation.

"I like using the chop on people as they take the class," Olsard said. "They're comfortable being able to fight back because they know they can."

Throughout the class, McCarty reminds the ladies that it doesn't matter how hard they hit, it's about

the attitude they put behind their punches. Confidence is important when defending or taking back, and that's what all participants should walk away with.

"They're comfortable being able to fight back because they know they can."

— Julie Olsard

Each class teaches some thing new, along with repeating the important basic moves. Defenses such as straight punches, front kicks

and 90-degree kicks, as well as how to avoid getting stabbed when someone pulls out a knife. In years, participants learn basic weapons a plastic knife in their pocket, giving them a realistic feel of how to improve their chance of survival.

The instructors push the women to their fullest potential. When they begin to show signs and signs in their defense, McCarty and Olsard will move by and about out encouragement.

"Now you know what you're capable of, even when you think you can't keep going," said McCarty. He explained to the class that they can't give up when in a fight. Even when they seem

too exhausted to continue, there still is that extra desire underneath, they just need to push themselves a little more.

After students asked for some kind of self-defense training, Security Services decided to use its resources and give them what they'd been asking for.

The training has been offered more than 100 times in the last class on the "if people continue to show an interest in the class, and attendance remains high, continuing the class next semester will be considered along with the possibility of a 200 of class.

Anyone interested in becoming the training can sign up in the security office, located in Room 2110-6.



Photo by Sharon Lyerland

Deborah Mackinnon blocks a kick attack from Terri Schmidt, both to discuss women's service providers, also (right) the women's self-defense training class in the rec centre at Conestoga every Thursday.

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Conestoga healthy choices

You can put your stamp on history

ECE students hold placement fair

By SARAH TIGHE

Have you ever wanted to leave your mark on history and be known long after you're gone for something you created? For the first time in its 100-year history, Canada Post is allowing the public to create a new design for their mental health awareness stamp.

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Participating in a competition such as this really pushes you to think outside the box, and create something that is patriotic — Tom Drenth

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Millions of Canadians use stamp designs every day, some generate conversation while others are collected.

Canada Post is asking citizens to create a design that will convey important messages about mental health using only a single image.

"I think participating in a competition such as this really pushes you to think outside the box, constantly think small and even to something that is both patriotic and follows a specific theme," said Tom Drenth, a first-year graphic design student.

A few of the graphic design students showed an interest in the contest.

"I would take part in this competition because it gives me experience dealing with subject matter we wouldn't normally undertake. Also, if my stamp is chosen, then I can add that to my professional portfolio," said first-year graphic design student Frederic Smith.

From now until Jan. 30, 2013, Canadians are invited to send in their designs online to www.deliverpost.ca. The entrance where designs are most popular online will become one of 30 semifinalists submitted to Canada Post's Stamp Advisory Committee (SAC) which will then choose five designs that will be tested as by the public from Feb. 14 to March 14. The winner will be announced in April 2013.



PHOTO BY SARAH TIGHE

You can submit a stamp idea for mental health awareness from now until Jan. 30, 2013, and be one of 30 semifinalists whose design could be chosen for a new stamp.

The winner will receive a framed engraving of the winning design as well as a donation to the mental health charity of their choosing.

Mental health has been the cause of debate for Canada Post since 2008. Since then they have raised more than \$1.5 million for The Canada

Post Foundation for Mental Health, many of the proceeds coming directly from the selling of stamp books. The foundation provides funding to community-based, non-profit groups helping those living with mental illness.

Visit www.deliverpost.ca for more details.

By TASHIA PUGH

Early childhood education is the essence of growth within a community. To give children opportunities working with young tykes, the college's program has a work placement component. To help students find a work term, a field placement fair was held on Nov. 17. The students set up displays and displays to educate people on the many different placements they can choose from.

First-year students who were unsure of what to do among the various work with children, 0-15 months, toddlers, 16-50 months children ages 1 and up) were able to interact and converse with those who had a 24th month experience.

"It's a chance for students to get a perspective of what their placement is going to be like," said Jamie Hayes, RRC's field placement officer.

Examples of work placement opportunities include the House of Friendship and Children's Aid Society.

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HOROSCOPE

Week of November 22-28, 2009



Aries
March 21
April 19

You will end up on a bungee ball being tossed by Hugh Laurie. Stephen Fry will be curiously absent.



Libra
September 23
October 22

A giant eagle called out will chase your pants off this out of your house. How your goldfish grew from you will never know.



Taurus
April 20 - May 20

A band of elephants will rampage through your home on Monday. You should clean up those peanuts.



Scorpio
October 23 - November 21

A one hour tour to a desert island will turn into more than you or your group of werky and derisive companions ever expected. Coconut phones are in your future.



Gemini
May 21 - June 20

A giant goldfish will ramp page through your air plants, standing all on peanuts. They will need to get them from somewhere else.



Sagittarius
November 22 - December 21

A moment of welcomed silence will develop into hours long performance art piece that will win you international acclaim.



Cancer
June 21 - July 22

Your Xbox will develop an owner and start playing itself without you. Start preparing to worship your new robot overlord.



Capricorn
January 19 - February 18

You will come in to contact with the legendary Native beauty Pryor, and the ensuing drug trip will lead you to know great truths about the universe.



Leo
July 23 - August 22

Dave is coming back! David came time failing a really nice brown rat and breaking my listening to sister Henry M.



Aquarius
January 20 - February 18

This Tuesday, you will not be able to keep a pencil or pen from breaking when you hold it. They will make their hand to write.



Virgo
August 23 - September 22

Swapping an eyelid and fighting crime is not actually a career despite what your mother tells you.



Pisces
February 19 - March 20

A candle you buy this week will melt like cotton candy and attract fish out of water from Dimension 3.

Potter is not nerdy



Emma Watson
Opinion

more memorable and meaningful moments as well as happy celebrations. Unfortunately, this issue has more to do with the more important details that shape the stories. In almost every movie they have left out huge parts of the story, which means that people are not getting the true feel of what the Harry Potter series is all about.

In the beginning the stories were definitely more on the inner side. Harry goes off to boarding school, makes friends, and does all the bad stuff. The movie has more of a childhood feel to the characters now only one and 10. In the later movies, the plot becomes very dark, and I wouldn't even recommend reading them to young children as they do include a lot of scary scenes.

son, violence, torture and death.

What's really about that? I'm sure that if people with Harry Potter syndrome and a chapter here and there between the books and my math books, they would actually be surprised, and more than likely be entertained as well.

I think anyone would be able to really get into the series. They're certainly well-written and the storylines are unique and not boring. JK Rowling is a genius. She never hesitates to shock readers with the stories and that's what kept me reading the entire series.

The new movie has just recently come out and I'm sure there are many closet geeks amongst you who probably don't like the idea of going to the library.

I'm not prejudging males, but many I know have been added contributors to the HP' brother. There doesn't seem to be a huge difference in preference between World of Warcraft or Call of Duty everyday for hours on end. I'm just putting it out there.

Season 2 of Bored to Death wraps up



Jonathan Chase
Opinion

The first season of the HBO comedy show *Bored to Death*, premiered in September 2009 in critical acclaim. In the show, Jonathan Chase (played by Jonathan Chase) is a struggling writer in Brooklyn, N.Y. He doesn't work regular hours while trying to capture his crumbling writing career and come to a clichéd old website, *Compass*, to post an ad offering his services as a private detective.

All of the writing twists and troubles of the show stem mostly from Jonathan's new private detective work but also from the breaking with a longtime girlfriend and a new relationship. The show also engages viewers into the surprising lives of David Freede (played by Josh Gaddis) and George Christopher (played by Tom Gurney). Ray, who is Jonathan's close friend, is a comedian trying to sell his comedy and also overcomes pain. Jonathan has a close relationship with George, who is a New York magazine editor. Jonathan's boss and close friend George is much older than Jonathan and Ray and after finding out about Jonathan being a comedian, private detective he decides it's the type of excitement he

needs in his life. At the age of approximately 40 years, George barely gets his age while living a life of partying and not becoming too serious (even joined by Jonathan and Ray).

Season 2 wrapped up on May 15 on HBO Canada. The last season has been so exciting and Jonathan finds a new girl who eventually breaks her because she wants to open a relationship and Jonathan doesn't. George finds out that he has cancer and Ray's long-term girlfriend leaves him. As the season ends it leaves the show still turns out to be interesting and without losing any thing important, things eventually come to fit into place.

Jonathan takes on a number of interesting cases such as helping people get in and out of their cars being stolen and being hired by a police officer to trace a burglar down from a computer as an alleged "sex therapist" to get rid of records that show that the officer had been a customer.

After Kevin Kline, who is

apparently to himself the season, Ray was excited because he was going to meet Kevin to discuss Kevin playing the role of the main character as his recent popular comic book, *Super Ray*. However, when they meet, their meeting is interrupted by an ex-girlfriend of Ray's and the personal and public meet.

Bored to Death recently announced they were renewing *Bored to Death* for a third season that will air in 2011.

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Paul Levant carefully examines the stars and then ignores them for your amusement

Trio triumphs at Nationals

By BRANDON BROWN

Comealong, three-tatary coach Don Vandera made the message simple.

"This isn't the boys' comealong team it's the Comealong men's rugby team."

The message was heard loud and clear by 28-year-old John Smith.

After months of routine 50 km, 100 km and 150 km runs and the early morning day repeated "hank" workouts consisting of two kilometer intervals of running with a 50 second break until the coach says stop. Smith, who was his second provincial title under the coach, put it all on the line playing fifth in Nationals. The premier event was held Nov. 12 and 13 at Fredericton, N.B., at 24 Thomas University.

Another message coach Vandera made his team clear by not to train hard and run with an ego. Smith did just that.

"Chance because the personal mind and body, and Vandera."

"I wanted to get a medal but I was happy with how I ran, and back."

Plugging with a time of 1:10, Smith finished 10th behind the winner on the last three desirable race times.

"It was great kilometers of really, really and we ground. It was a sleep, and Smith."

"Two just have to hold

time."

The race started off quickly and within the first three kilometers, Smith was jogging around 30th. With two kilometers left to run Smith was only seven places behind the leader. As he started the line, he had made it to fifth place.

Comealong manager Brandon Hinkley, who played third with a time of 20 km runner and Paul Tremblay, who played 15th with a time of 18 km runner both finished with personal bests.

"They are awesome. They trained really hard and ran really well," said Smith.

Coach Vandera's reason for their success?

"They had the psychological edge."

"When most people let you a little slip, they pushed themselves through their thoughts. They listened to our motto."

Described as a quiet leader by his coach, Smith led by example but when asked why, gave his two cents' worth.

"When we were getting ready for Nationals, coach told Brandon to a non-offensive message you need to listen to our motto. It was a message of motivation, and I both knew I could push myself further and sometimes it needs to be said," said Vandera.

"The message became a lot of more believable when Comealong president John

Thibault and athletes on each side of the line showed their support. The team they gave to help this team was just someone with a simple message: Run."

"John Thibault took time out of his busy schedule to give the team a speech about hard work."

"Marlene made sure we had the best accommodation when we were in."

Brandon being in agreement with the message Vandera preached to the team, Smith and Vandera both agree on one other topic: hard support.

"We are really excited to know about Comealong sports because it will promote very well," said Smith.

"We need to put more time into athletics as we can know both as an academic and athlete student," said Vandera.

As for next year, Tremblay and Hinkley will be bringing up their ideas for Comealong and Vandera are promising again.

"If they both were really hard in the all season as they did this year, they should do really well."

For Smith, he will probably be the one who will be organizing and making some progress that year and hope looking for a job. As the running and racing in the future, "I don't know if I will continue."

"I like to compete so we'll see."

EVERYBODY LOVES A GOOD OLE FIRE DRILL



PHOTO BY LISA FARRER

Students evacuate the school during a fire alarm on Saturday, Nov. 22. The alarm was not sounded but the result of a student making progress on the open entrance at Comealong.

Toy drive needs donations

By HARRY LUTHERSON

Security Services at Comealong College offers them help for students 24/7, year-round.

But for this holiday season, they are asking for help from staff and students.

The department is looking for new toy drives for the Atlantic House, a shelter for abused women, and children in Kitchener.

"I don't think that shelter should go left unnoticed," said Lorne Campbell,

Comealong's security officer.

So, along with Don Willis, director of safety and security, Campbell helped organize the toy drive.

There tends to be a lot of donations, often from around Christmas, often leaving women and children with nowhere to go.

Security Services hopes to give these children a chance at a happy Christmas.

New toy donations can be brought to the security office in Room 2110 at any time until Dec. 18.

VanderBeek strives for World Cup podium, once again

By BRANDON LYNN TARRA

In life we all take things for granted and what may seem like something so small like the ability to walk up and down stairs can have a huge impact when lost for Olympic skier, Kelly VanderBeek this was something she experienced on a day-to-day basis during her recovery from a horrific ski accident Dec. 18, 2002, in Val d'Isere, France. A time when she lost knee and motioned her own motion.

VanderBeek has competed in many World Cup and Olympic ski races. She has five World Cup medals and a fourth place finish in the Super-G event at the 2002 Winter Olympics. After her accident, she was given the opportunity to carry the Olympic torch in the torch relay through New Westminster, B.C.

By virtue of winning sixth in Olympic medal in her home

country was replaced with walking down stairs, race pants and a full costume on a bike - accomplishments that she didn't expect but just accepted.

"Like anything being optimistic through the process was a choice," said VanderBeek. "Sure, I've had times where I've felt like everything I do is wrong but accepting this and focusing on the positive is what made me successful in my recovery."

VanderBeek is now based in the place where she can live like she used to, just without the loss of her life, along the same business normally during every day activities but still won't stand up to the rigors of downhill skiing.

When she is finally back on the slopes, she will have to expect to be a little bit of a beginner in some of the things that she has learned the strength and muscle back.

But what everyone wants

to know is, what's next for Kelly VanderBeek?

"I hope to be skiing in late November, early December," she said. "After my accident I've used my time for other things like reading time with my husband, photography and I've recently been writing a lot of articles."

She hopes to pursue other races and to get back on the World Cup podium.

"At the end of the day, I want to do something I am passionate about," she said. "That's a lifelong process."

Currently, VanderBeek is part of the Fit Kids Program which gets kids active with out making them feel like they are getting exercise. "The people who are going up this just a lot of time and effort," she said. "I am excited to be involved with this. The atmosphere is amazing."

VanderBeek preaches about embracing opportunity, patience and positivity.



PHOTO BY LISA FARRER

Kelly VanderBeek is shown at the 2002 Olympic Games when she ranked 16 in New Westminster, B.C.

For anyone who has ever hit a rough patch and is discouraged, this is her advice of advice.

"Keep your eyes open for the opportunities that may

come from tough situations. The chance is what for change to make up of two other symbols: Chance + Opportunity. That says a lot."

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